

# Riverview Wellness Center

## Recipe

Client Name:

Recipe for: Fried Chicken

Ingredients: 4 chicken legs and thighs  
2 cups Krispy Brown Rice cereal (gluten-free by Erewhon Co.)  
(Rice Krispies has sugar)  
½ sp. pepper  
1 small onion, chopped fine  
1 tsp. basil, thyme, garlic, and/or curry (your choice of spices)  
½ cup milk (almond or rice)  
½ sp. olive oil

Preparation: Place the Krispy Brown Rice cereal in quart size plastic baggy and roll cereal crumbs with rolling pin. Add chopped onion and other spices to bag and mix.

Place milk in plate. Wash chicken legs and remove skin. Pat dry, then place each leg in bag with crumb mixture. Seal bag and pat crumbs all over meat. Place each rice crumb coated leg in pan greased with olive oil. Use pan big enough that legs won't overlap. Bake at 350° for approximately 40 minutes. Check first a few times until you're comfortable with your stove and the crispiness you like. Enjoy!